Carmel Valley Sun

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August 6, 1986 — August 20, 1986

THE CARMEL VALLEY COMMUNITY YOUTH CENTER

PRESENTS

THE FIRST ANNUAL

GREAT CHILI COOK-OFF

LETTERS

Please, Mr. Derr

Please, please, Mr. Derr, no more controversial articles on our local business people who are trying to provide our small community with their services, such as your story on The local gunsmith.

I personally like your writing style, but the subject matter, come on now. You have got a lot to learn, my friend.

Next thing we know, you'll be writing about Jim Poulos and his Village Market. Do you have any idea what country his bananas come from? Dare to publish one on that subject, and I'm sure you will be enlightened. Now, don't you even think about Mike Rohan at the Texaco. Why, I can just close my eyes to vividly recall the days of odd and even. The days of gas lines all the way around the corner to the plumbing store.

Plumbing? No human interest story on Stew's Plumbing either. I happen to know that once Stew fixes someone's plumbing, more and more Nitrates are being allowed into our soil. You may not know much about Nitrates, but go to press with that one, and volumes will be submitted to Mrs. Saxton. Or should that be Miss., or perhaps Mz? I am never sure about that.

I really enjoy our little paper, the *Carmel Valley Sun.* I wish it came out every week. Perhaps a paper could be printed on the off week, and called the Carmel Valley Moon. It would be for those people who are living in the dark.

Mr. Derr, perhaps you should do a story on that cute little store in the Crossroads that sells Christmas decorations...

Pete Garneau

None So Far

To my knowledge, none of the firearms I have worked on has ever suffered a heart attack.

Jaime del Valle

Heartfelt Thanks

On behalf of myself and my family, I would like to express my appreciation and **heartfelt** thanks to the fire fighting agencies of the Carmel Valley who worked long and hard to contain the fire Saturday in Cachagua. Because of their monumental efforts, my home and family were safe, even though we live only one ridge away and were clearly in the path of the fire.

Thanks again to the Cachagua volunteers and all my concerned neighbors. As always, when we needed you, you were there.

Ileen M. Crane-Franks

Introducing:
William Gilbert Reese, V
(7lbs. 13 oz.)

People are whistling and people are humming
'Cause there's been some excitement at Stew's Plumbing
It follows a tradition started back in '83
When Kristin became Tammy Crispelle's newborn baby
To celebrate, pink pajamas were hoisted up high
On a flagpole outside where they stayed there to fly
On July twenty-second of this very year
We have more good news that we'd like you to hear
Brenda and Bill Reese had their first baby Will
And a birth at Stew's Plumbing is a special event still
Dr. William and Barbara Reese, the father's parents, say
Psychology will be Will's profession someday
Stew & Sandy Clough, the other grandparents, proclaim
The world's best plumber is how this babe will gain fame
Whatever young Will decides he will be
It's certainly an event—that's plain to see
Yet now it's a boy, so what did we do?
Well, we got us some PJ's, but this time they're blue!
So the next time you're down by the road Esquiline
Just look up to see them as they hang there so fine
As proud as the people at Stew's Plumbing they fly
As small as a newborn and as blue as the sky.

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CHICKEN SALAD SANDWICH.....5.00
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CHOWDER & SALAD
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Includes Sourdough Bread and Butter and a cup of Clam Chowder

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NELSON'S TOSSED SALAD.....5.00
A larger version
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Pasta & Vegetarian

PASTA ELIZABETH ANN.....5.50
Linguine sauteed in garlic butter and topped with fresh herbs and steamed vegetables.
SEAFOOD PASTA.....7.00
Pasta of the day sauteed with crab, shrimp, squid, scallops and rock cod and a hint of tomato.

Fish Specialties
Includes French Fries, Fresh Vegetables, Sourdough Bread and Butter. Nelson's Tossed Salad or Chowder add 1.50

SEAFOOD BROCHETTE.....7.25
Scallops, prawns, rock cod, onion, bell pepper and tomato skewered and broiled. Served with a herbed butter sauce.
FISH-N-CHIPS.....5.25
Monterey rock cod dipped in tempura batter and deep fried.
PRAWNS TEMPURA.....7.25
Jumbo Gulf prawns dipped in tempura batter and deep fried to a golden brown. Sauteed in garlic butter or broiled.....7.50.
SALMON FILET.....MKT. PRICE
Choice of broiled, poached or grilled. Served with Maitre'd butter.
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Locally caught Petrale sole sauteed in lemon butter and almonds.
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EASTERN SCALLOPS.....7.00
Large tender Eastern scallops sauteed in garlic butter. Lightly breaded and deep fried.....7.25
FRESH ABALONE.....MKT. PRICE
The finest abalone lightly breaded and sauteed delicately.

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Chili Cooks Challenged

The challenge has been issued: who is "the Best Chili" cook in Carmel Valley. Those claiming the title can put their culinary talent to the test at the first annual Great Chili Cook-Off to be held Saturday, September 13 at the Community Center and Park.

Entry forms are now available and will be accepted on a first come, first served basis. Only 50 teams will be allowed to compete.

A $50 (tax deductible) entry fee per team earns the chance at a $500 prize for the "best chili." A $200 prize will be awarded for second best. Third best wins $100. Each team is limited to four team members.

The Chili Cook-Off will be accompanied by a full day of activities including children's talent show, clowns, jugglers, vollyball, horseshoes, food, drinks and music. Proceeds from the day benefit the Youth Center.

Entry forms are available at the *Carmel Valley Sun* office and at the Carmel Valley Community Youth Center weekday mornings, or by calling 659-3983 or 659-4874.

•

The advent of the first annual Great Chili Cook-Off prompted a look into the history of chili. Though there wasn't mounds of information, there was a little.

First of all, to call it "chili" is a misnomer. Chili is a Mexican term for hot pepper and defines no special dish. The fact that it is linked to Mexico is also erroneous, ask any Texan, they'll tell you. Besides, you cannot find chili in Mexico today except in spots that cater to tourists. Historians say that Mexicans, expecially those of Indian ancestry, generally don't change their culinary customs from one generation to another, or even from one century to another.

The original "chili con carne"—the correct term—was a combination of meat, chili peppers and a few other spices cooked slowly for a long time. Some scholars believe it got it's start in the late 1840s as a concentrated dried food called pemmican. Used by early Texans, this pemmican consisted of dried beef, beef fat, dried chili peppers and salt pounded together. They boiled it in pots while on the trail.

The first mention of chili, however, can be found in 1828 by J.C. Clopper who discovered it on a visit to San Antonio. A great deal of evidence points to San Antonio, Texas as the birthplace of chili. Poor families there had very little meat. What they had would be cut into a kind of hash and combined with nearly as many peppers as there were pieces of meat and then it was all stewed together.

Though it started out a poor folks meal, chili gained popularity. By 1890 it was a southwest custom to go to town on Saturday night and get a bowl of chili from the chili queens.

Chili queens were picturesque street vendors that appeared around dusk in the downtown plazas. They had carts that carried crude tables, pots and other gear with their pre-cooked chili that was kept in caldrons. Charcoal or mesquite fires kept the chili simmering. Street musicians often sereneded the chili eaters.

The chili queens continued to reign by night on San Antonio streets until 1943 when health restrictions forced them to conform to the the same sanitary rules as restaurants.

By 1890, chili had also made its way out of San Antonio and into a town just north of Dallas called McKinney. It was served in a small cafe owned by a black man named Myers, who brought the "receipt" back from "Santone." Outlaws Jesse and Frank James were known to stop off in McKinney several times just to eat Myers' new stew.

Chili was not without it's controversay either. Heads of families in McKinney forbade their children to eat it claiming it would ruin their insides. That made it all the more tempting. The dispute over it was heated by newspaper editorials and letters-to-the editor. Ministers even preached sermons against its indulgence claiming it was "soup of the Devil" with its hot as hell's brimstones flavoring.

Eventually the furor died down and chili made its way to the favorite it is today.

Lambert Takes "Miss Congeniality"

Though she didn't win the title of Salinas Rodeo Queen, Joleen lambert said it was an excellent competition. She did, however, win the title of Miss Congeniality.

The best part, according to Miss Lambert was giving kids rides on her horse. "It was more fun," she said.

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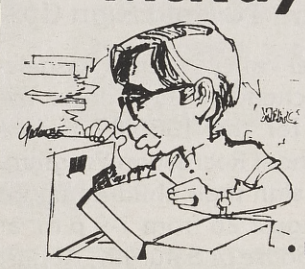
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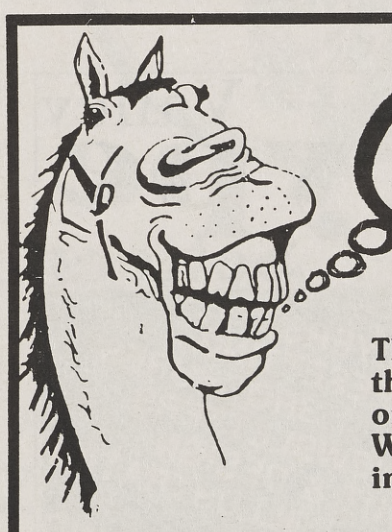

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Staff

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Liz Turner.....Advertising Director
Mark Holtzman.....Sales Representative
Debi Effron.....Photographer

Contributors

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Grace Darcy.....Chamber Connection and writer at large
James Greenan.....Video Views and writer at large
Jeff Frye.....Where There's Smoke
Sidney Reade
Illia Thompson.....*Thoughts*
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Carmel Valley Sun

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The Cover

Yes, the Carmel Valley Community Youth Center will be presenting a Chili Cook-Off (see page 3). A great deal of thanks go to Robert Edison, who donated his talents to the community and came up with our cover cartoon to kick-off the publicity for the event.

Ranchers' Days Feature New Events

Entries are now being accepted for the third annual Carmel Valley Ranchers' Days. The two day celebration will take place on September 6 and 7 at the Carmel Valley Trail and Saddle Club on East Garzas Road, Carmel Valley.

Carmel Valley Ranchers' Days was created to preserve and demonstrate the talents and traditions of the local cowboy and cattle rancher. As in the past, hundreds of local folks will be invited to show off their talents in such events as team penning, mock calf branding, and team roping.

Two new events have been added this year to Rancher's Days. The first, STOCK-HORSE classes, will demonstrate the ability of the cowboys horse to work a cow. There will be two divisions in these classes, one for horses 5 years of age and under (snaffle-bit or hackamore class), and one for horses 6 years and older (two-rein or bridle class). The second event added is a STICK-HORSE RACE for children 6 years of age and under. The winner of this class, as all other classes, will receive a beautiful sterling silver buckle, hand-crafted by Carmel Valley silversmith Ken Ramoni. The stick-horse race is limited to the first 40 entries so it is advised that you get your entries in early. Entries are available at the Farm Center.

The all-around champion of Carmel Valley Ranchers' Days will again be awarded a new two horse-trailer, sponsored by the local ranchers and brand-owners. Some early sponsors of the horsetrailer include Rancho Chupinos, Rancho San Carlos, Oak Hill Arabians, Willow Creek Ranch, Berta Ranch, Crystal Springs Ranch, Rana Creek Ranch, September Ranch, Pepper Canyon Land and Cattle Company, Porter Marquard Realty, Will's Fargo Restaurant, Jack and Sally Swanson, Wagon Wheel Restaurant, and Bosco's Feed Bag.

For further information contact Tootie Truesdell at 625-2606. Entries close on August 23.

Before And After School Rec Program To Hold Sign Ups

The Carmel Valley Parent's Association have scheduled two dates for registration for the 1986-87 Before and After School Recreation Program. Parents can sign their children up on Tuesday, August 26 from 7-9 p.m. at the Activity House or Saturday, August 30 from 9-11 a.m. at the Youth Center.

The purpose of the program is to provide supervised recreational activities for school age children. It is for working parents or for parents who want their children to have recreational and social interaction with other children in a controlled environment.

The program hours are from 7:30-9:30 a.m. and 12:30-5:30 p.m. daily during the school year. There is a registration fee of $40 per year for one child or $50 per year for two children. There is also a $1.75 hourly fee based on attendance.

Children participating in the program must be registered. Spaces are limited and registration will be taken on a first come, first served basis. Those not registered will be put on a waiting list.

OUT OUR WAY

One On The Way

Not quite ready to announce their new arrival but impatiently waiting are Annette and Joe Wolter. Friends of the couple held a baby shower on July 20, for the expectant parents and their infant (due August 7).

Twenty women gathered at Rancho Palo Escrito for the fete which was hosted by Leslie Drew (of the Ranch) and Mary Ann Mattos. The ladies enjoyed sunshine and hors d'oeuvres and brought an abundance of gifts for the infant. Mom and Dad received a couple of humorous gifts as well.

The event was highlighted by the music of Mariani Didyk and Patty Walters who played traditional Iris and American ballads on fiddles, guitars, a pennywhistle, spoons and Bodhram drum.

More news when the actual arrival takes place.

Birth Announcements

While everyone else was out celebrating the birth of our nation last fourth of July, Pam and Jerry Anderson were celebrating a birth of another kind—their first child, Marika Suzann Anderson.

Their dark haired daughter arrived at 12:15 in the afternoon, and according to her mother, was the only one to be born at Community Hospital that day. Marika weighed in at a healthy 7 lb. 15 oz. and measured 20½ inches.

•

The clan at Stew's Plumbing have also been blessed this month with the birth of William Gilbert Reese, V, whose parents are William and Brenda Reese. Young William was born July 22 at 5:55 a.m. His arrival was announced by grandparents Stew and Sandy Clough with the traditional pajamas waving off the flag pole at Stew's Plumbing on Esquiline Road. Congratulations to all on the 7 lb. 13½ oz. arrival.

Meetings Calendar

Carmel Valley Recreation and Park District Board of Directors: 7 p.m. August 13 at the Activity House, 25 Ford Rd.

Carmel Unified School District: 7 p.m. August 5 Carmel Middle School.

Carmel Valley Property Owners Association: 7:30 p.m. August 13, St. Dunstan's Church.

Monterey Peninsula Water Management District: August 11, 7:30 p.m. in the Monterey City Council Chambers.

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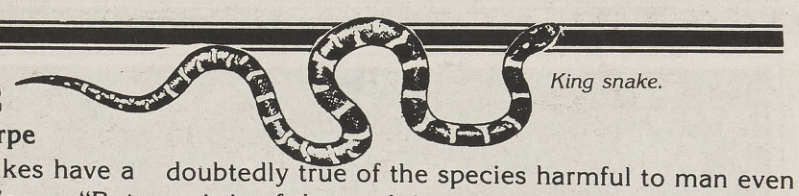


King snake.

by Rosalind Sharpe

This is a snake story. Two snake stories, in fact. The first has a happy ending. The other one doesn't.

In the fall of 1985 I had a vegetable garden at Rippling River. One day, while out watering I noticed a tiny creature gliding through my parsley patch. It was no more than seven inches long, very thin and had perfectly even rings in black and yellowish white. I immediately thought of a coral snake but knew this was not their habitat. They are eastern, not western snakes. A neighbor appeared and I cried out, "Come, quickly. There's a tiny snake here in my garden." It turned out to be Audrey Cowan who shared my love of wild creatures and best of all, she had no fear of snakes.

Audrey was no more certain than I of the type of snake it was but fearlessly she decided we should capture it. Somehow she enticed it into it a mayonnaise jar and added some ferns and leaves. She took it to her apartment for the night while I consulted the library to identify it.

A small book on reptiles of California revealed it was a baby king snake. Indeed, they look exactly like a coral snake except that a coral snake has coral-colored rings along with the black and yellow-white. (There are, in fact, coral king snakes in the mountainous areas of California but they are not venomous.) Our tiny king snake, we found, was one of the most beneficent of California snakes. Immune to its venom, the king snake—tiny or huge—kills rattlesnakes. We walk more safely our woods and gardens when king snakes are around.

For the snake to survive, we knew he had to be released in the wilds, far from human habitation. People know far too little about snakes and panic at the sight of one.

We had no way to release the snake and called the SPCA. They sent Lieutenant Michelle Moser who bore it away. We trust it lives in peace, undisturbed by man.

The second story has the same moral: All of us should be able to identify our California snakes and know the harmful and beneficent species.

When my friend Billie Arnold and I were driving up the road to do some errands, we saw a teen-age boy, no more than 16, about to kill an enormous snake. Billie said it was a gopher snake, beneficial to farmers and people with small crops or home vegetable gardens. Gopher snakes keep down the rodent population.

We stopped the car and told the boy it was a harmless pointing out it had no rattles or diamond shaped pattern.

When we returned we saw the boy in front of a dumpster, a guilty look on his face.

"What happened to the snake?" we asked. "It was trying to swallow a cat," he said. We said nothing more. It was too late. It was harmless but he killed it anyway and fabricated the ridiculous story. It was huge but no boa constrictor.

Snake season runs until the end of summer and many beneficent varieties may suffer our lack of knowledge.

I asked Lisa Hoefler, SPCA Director of Wildlife for advice on snakes. She told me there are four varieties found locally: the gopher snake—one variety is called the California Bull Snake; king snakes—two or three varieties but on the central coast they are mainly small like the one we found in my garden; garter snakes—many of which are semi-aquatic; and rattlesnakes, only poisonous one.

"Our biggest problem in dealing with snakes is people's phobia about snakes," said Lisa, "and the fact that we do have rattlesnakes around. People kill snakes on sight. Then, realizing what they have done, bring them to the SPCA to patch them up if they are still breathing."

King snakes are found where rattlesnakes are. They are not susceptible to the venom and eat them. Both of the snakes have rings but on the rattlesnake, they are sometimes diamond. The California common king snake may have bands of red, brown and off white. Baby king snakes have dark brown bands interspersed with white. "The king snake should always be guarded," said Lisa.

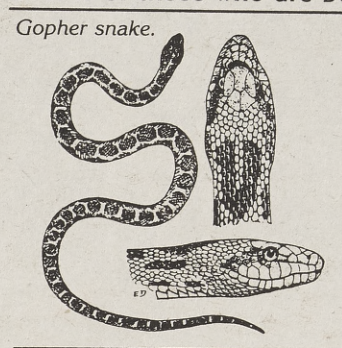
The gopher snake looks a little like a rattlesnake. It is a mottled brown and will coil, strike and sometimes bite when frightened. The bite, however, is harmless. A gopher snake, however, has a different shaped head ("it comes to a point like a pencil."), has no rattles and is waxy. Rattlesnakes are dull and no matter what age, have at least one rattle and a blunt tial. Their pupils also differ. Gopher snakes have a round pupils. A rattlesnake's is like a cat's eye. "But usually one does not get close enough to see it," said Lisa.

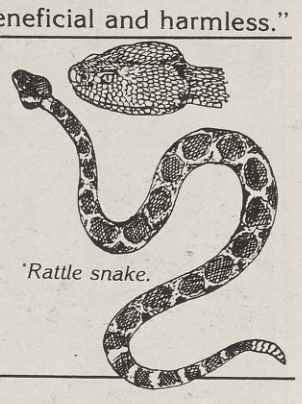
Many garter snakes are semi-aquatic. They have whitish yellow stripes and sometimes are reddish pink in color or maybe dark brown, gray, even greenish, and they all are mottled and have stripes. The stripes vary number but all have at least one.

"The best advice about rattlesnakes is to remain calm," said Lisa. "Then relocate them."

"Nature is a very delicate balance," she said. "All creatures have their part in this balance. This is undoubtedly true of the species harmful to man even as it is of those who are beneficial and harmless."

Gopher snake.





Rattle snake.

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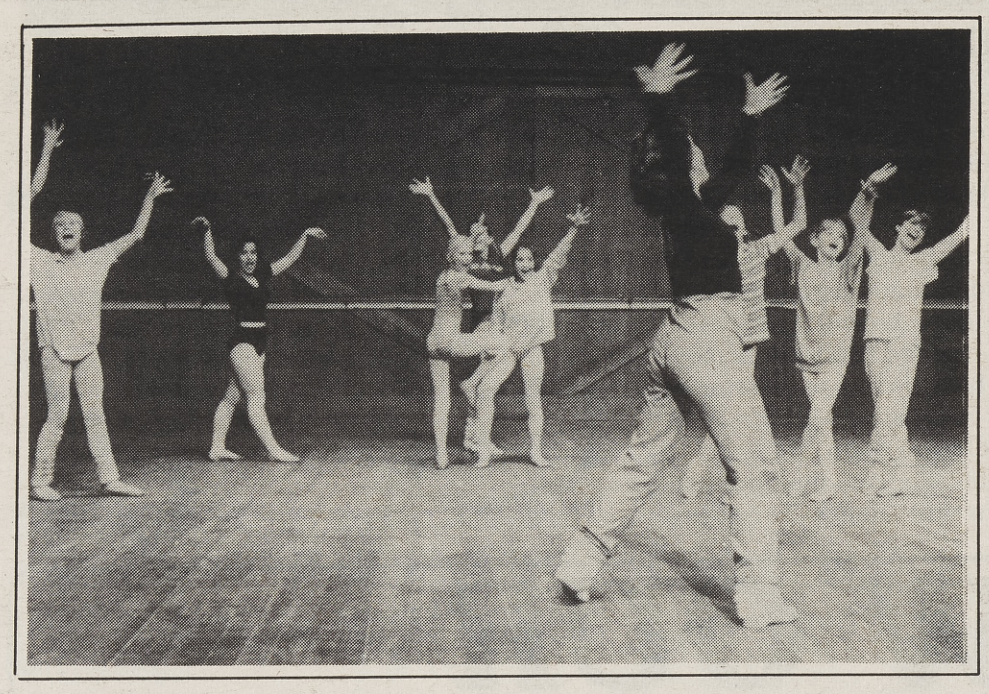

Registration Opens For Dance Classes

Hidden Valley Dance Center is now registering students for its Fall program. Classes in ballet and jazz will be offered for adults and youth, beginning the week of September 15. Girls may start ballet at age four; boys, at five. Jazz class participants should be age twelve or older. Weekday, weeknight and Saturday classes are scheduled.

Ballet instruction will be given by the Center's Artistic Director, John Pasqualetti and Anna Lantz and Meryl Robertson. Walter White will teach jazz. Jason Anderson will be pianist for many of the classes.

Dance Center students have an opportunity to be part of a dance ensemble group. They may audition for two Hidden Valley productions: *The Nutcracker* to be presented in December and *Winnie the Pooh* in spring. Both will be directed and choreographed by Pasqualetti, whose credits include ballet versions of *A Christmas Carol* and *Wizard of Oz.*

Pasqualetti was formerly Artistic Director of San Francisco Pacific Ballet and resident choreographer of American Conservatory Theatre. Anna Lantz received her training at the Royal Ballet School in London. She has also taught ballet at Merle Park Studios in London and the John Cranko School in West Germany. Meryl Robertson is administrator for Hidden Valley Dance Center and also teaches the Hidden Valley Elderhostel classes in dance. Walter White studied jazz in Los angeles and was a founding member of the Tandy Beal Company. White also teaches at Monterey Peninsula College and Santa Catalina School. Jason Anderson divides his time between Hidden Valley and the Carmel Mission Basilica where he is choirmaster. Anderson composed the jazz score for *Wizard of Oz.*

To receive a brochure with class schedules, fees and application form, please contact Hidden Valley at 659-3115.

Ballroom Dancing To Be Taught

Hidden Valley Dance Center invites couples to enroll in Fall ballroom dancing classes taught by Deborah and Walter White. A six-lesson series will be offered from September 14 through October 19 on Sundays from 5-6:30 p.m. in Hidden Valley Theatre. Well known in Peninsula dance circles, the Whites have taught ballroom dancing at Monterey Peninsula College and Santa Catalina School. The Whites hope that participants will be first-time learners as well as those wanting to brush up on their technique.

Participation will be limited to the first twenty couples who register. Fees are $60 per couple for the series and include refreshments each evening. For more information and an application call, 659-3115.

Summer Seminar Orchestra Will Present Three August Concerts

The Hidden Valley Summer Seminar Orchestra will present the first of three August concerts on Sunday, August 10 at 7:30 p.m. at Hidden Valley Theatre in Carmel Valley. The orchestra of sixty-five young musicians will be led by conductors Henry Holt and Denis de Coteau.

Holt returns for a fifth year to serve as Music Director for Hidden Valley's youth orchestral program now in its twenty-third year. Holt comes to Hidden Valley from the Baton Rouge Opera where he serves as Music Director. In his eighteen years with the Seattle Opera, Holt conducted over one thousand performances.

Dr. Denis de Coteau is Music Director and Conductor of the San Francisco Ballet Orchestra. Under his baton, the Oakland Symphony Youth Orchestra became the first American youth orchestra to win silver and bronze medals at the von Karajan International Competition in Germany.

High School participants in the orchestra were selected by audition. Their tuition for the three week seminar was paid by a generous endowment given to the Hidden Valley in 1983 from the estate of Iris and David Alberto. Orchestra members hail from California, Washington, Florida and Oklahoma.

The Summer Seminar Orchestra will also present two additional concerts at Hidden Valley on Sunday, August 17 at 7:30 p.m. and Saturday, August 23 at 2:30 p.m. Admission is free to all three concerts.

Church To Host Rummage Sale

The Women's Association of the Community Church of the Monterey Peninsula will again hold its popular Annual Rummage Sale. Sale hours are Friday, August 8 (10 a.m.-4 p.m.) and Saturday, August 9 (10 a.m.-3 p.m.) at the church located one mile east of Highway 1 on Carmel Valley Road.

Clothing, furniture, books, housewares, and much more will be available for thrifty browsers. Proceeds go to the Association Projects Fund.

For more information call 624-8595.

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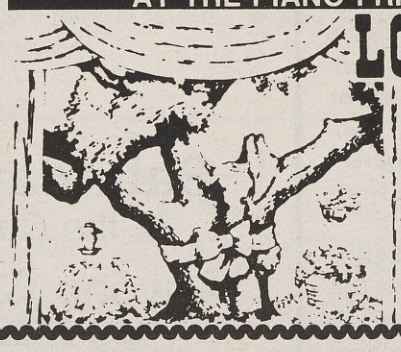

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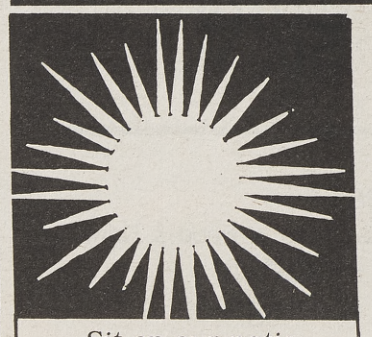

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Gallery To Feature Pomeroy Family

The oils and watercolors of Fred and Mary Pomeroy will be featured at the Marjorie Evans Gallery in the Sunset Center beginning August 11.

Fred Pomeroy has won numerous prizes and awards in competitive annual exhibitions. He began his art studies as a recipient of an art scholarship to the California College of Arts and Crafts. He continued his studies at the School of Fine Arts, Fontainbleau, France, where he was awarded a French government prize. Pomeroy is interested in evoking the illumination of his subject—how the light does magic with its coloring. He judges the succes of each painting on the rightness of the color values laid down in as simple washes as possible. The majority of his work is painted on site while a few larger works are done in the studio. His work is in private collections here and abroad.

Watercolor is Mary Pomeroy's favorite medium—direct, luminous, and easy to take on trips. She loves the moods in landscapes, the harmony in nature's detail. Florals, often of wildflowers, are a favorite subject.

She started drawing and painting as a child in her hometown of Laubach, Germany. Her father, Carl Barnas, a fine landscape and portrait painter, took her on daily walks showing her the beauties of nature and identifying them. After the Barnas family moved to Quito, Ecuador, Mary worked for eight years in her father's studio. In 1946, she immigrated to the U.S., attending the Academy of Fine Arts in Philadelphia, working mainly in oils in figure, portrait and landscape painting. Inspired by the scenic beauty of the Monterey Peninsula where she had stopped on her travels, she returned there frequently to paint. It was there she met Fred Pomeroy. They were married and lived first in Pacific Grove, then moved to Carmel Valley over 30 years ago.

Mary's work is in private collections as well as in those of U.C. Berkeley and the Hunt Institute for Botanical Documentation of the Carnegie-Mellon University, Pittsburgh, Pa. In 1984-85, her colorful birthday calendar of typical California wildflowers was published by Landmark calendars.

The couple's paintings will be featured at the gallery through August 28. Gallery hours are 9 a.m. to 5 p.m. weekdays.

MV Fire Board To Honor Manor

The Board of Directors of the Mid Carmel Valley Fire Protection District will recognize valuable community support and service by adopting two Resolutions of Appreciation on August 20 at the Mid Valley Fire Station.

The Resolutions are to the Carmel Valley Manor and the Residents' Council of the Carmel Valley Manor for their support and donations to the fire district in memory of Chief Jim Barrett. Formal presentation of the resolutions will take place at 8 p.m.

The presentations will be preceeded by a 15 minute demonstration of rescue equipment in the fire station parking lot. The rescue equipment consists of an "air bag" for auto extrication. Mid Carmel Valley Fire Department is the first department in the area to implement this equipment.

Kids Can Sign Up For Soccer Camp And League

The YMCA will hold a Soccer Camp from August 25-29 at the Carmel Middle School. Children age 6-14 are eligible.

The camp runs from 9 a.m. to 4 p.m. daily and will cover fundamental skills, playmaking, positioning and scrimmages.

The $55 fee includes a snack and refreshment. Campers must provide their own ball and lunches.

•

Also, pre-registration is now available for the YMCA 1986 Soccer League. All boys and girls in grades K-8 are eligible for the program.

The registration fee is $35. It includes a complete uniform and team photograph. Last chance registration will be September 6. No registration will be accepted after that.

The Soccer season will run from September 20 to November 22.

For more information on the Soccer Camp or 1986 Soccer League call, 373-4167.

Cachagua Residents To Hold Meeting

Cachagua residents are invited to participate in a general meeting on Wednesday, August 13 at 7:30 p.m. at the Los Padres Pack Station.

The meeting is to discuss a community park and recreation center. "We're trying to get together a committee of interested residents to participate and go to the Board of Supervisors," said Jetta Aldridge, who is one of the promoters of the idea. According to Aldridge, a steering committee is needed to come up with a proposal for a community park and recreation center. The proposal will be presented to the Board of Supervisors in hopes they will provide the funding needed to develop the project.

For more information regarding the meeting call Jetta Aldridge at 659-3608 or Diana Freitas at 659-5224.

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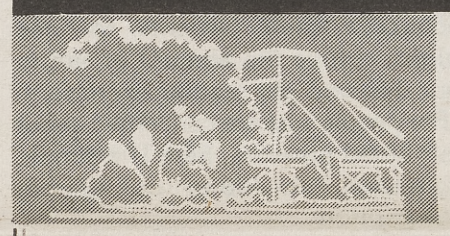

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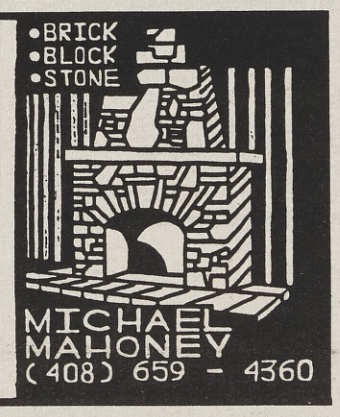

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Alcohol And High Blood Pressure

"To your health" is a popular toast, but too much toasting can lead to high blood pressure, one of the nation's leading health problems.

Researchers today are investigating the relationship between high blood pressure and the use of alcohol. A new study in California indicates that long-term heavy use of alcohol can contribute to high blood pressure in some people. The relationship seems to be more pronounced among white males over age 55.

The relationship of alcohol to high blood pressure appears to be one of overuse, not simply use. Scientists know that heavy alcohol consumption may cause elevated blood pressure, but they are just beginning to understand this relationship, and it is unclear how much alcohol is harmful.

The point when alcohol can become harmful is called the "threshold." It is at this point alcohol begins to affect blood pressure. Some studies indicate one or two drinks a day are not harmful, while other studies show a progressive relationship: the more alcohol consumed, the greater the risk of high blood pressure.

The California study shows a slight increase in blood pressure among men who had one or two drinks a day but women who drank the same amount actually recorded lower blood pressure *than abstainers. The strongest relationship between alcohol consumption* and blood pressure is found among those people who reported consuming between three and eight drinks a day. Researchers admit the threshold is difficult to determine, and they say it probably varies a great deal from one individual to another.

This study also showed that people who drank beer and wine had slightly lower blood pressure readings than those who preferred liquor. Researchers believe this difference may be due to the smaller amount of ethanol (a type of alcohol) in beer and wine as opposed to liquor, or to the fact that many beer and wine drinkers consume their beverage with a meal.

Fortunately, the effects of alcohol wear off almost as quickly as a hangover. Those who drink regularly have consistently higher than normal blood pressures, but even heavy drinkers who go "on the wagon" for several days show a decrease in blood pressure.

Millions of Americans are at increased risk for stroke, heart disease and kidney disease because of high blood pressure. High blood pressure cannot be cured, but it can be treated. In mild cases, simple changes in lifestyle may keep the condition under control. In more serious cases, physicians might prescribe medication and encourage their patients to lose weight, reduce the amount of salt in their diet and get regular exercise.

For people who are concerned about their blood pressure, here is a simple suggestion: cut down on alcohol consumption.

Even though high blood pressure is a dangerous health problem, it is controllable for most people. The American Heart Association recommends that people who have high blood pressure should follow their doctor's advice.

Arthritis Foundation To Offer Self Help Course

The Monterey Bay Arthritis Foundation will offer The Arthritis Self-Help Course beginning September 2 at the Community Church of the Monterey Peninsula, one mile east of Highway 1 on Carmel Valley Road.

The course is a series of six 2-hour classes that help participants learn about various types of arthritis and how they can work with their doctor to take an active role in managing their condition. Subjects covered include diet and nutrition, medications, exercise, stress management, joint protection and other available resources.

Pre-registration is necessary. For more information call the Arthritis Foundation at 373-6664.

Sheriff's Log

July 17-July 31

July 17: Embezzlement, Jeurgen's Transportation; Credit cards found at Village Post Office. **July 18:** Shoplifter arrested, Longs. **July 19:** Robbery, Flanders Dr., 22 pistol, bottle of Scotch taken and front door kicked in; Thefts, Brinton's Hardware, items left out missing; Burglary, C.V. Road, nothing missing, things moved; Suspicious circumstances, Rancho Rd., Mexicans observed, when approached subjects fled; Prowler, La Rancheria. **July 20:** Woman seen walking away from SPCA with 3 baby ducks in hand, charges will be filed; Accidental knifing, teenagers at Gardiner's Tennis Ranch. **July 21:** Illegal van parking, to be towed away if not moved. **July 22:** Lost wallet reported; CV school teacher reported receiving threat, caller, apparently a young girl, threatened to report her to the police as a molester; Disturbing the peace, Village Market; Drunk driver arrested. **July 23:** Vandalism, MV Mobil, air and water hose cut; Theft, Hastings Reserve, items taken during last two months. **July 24:** Suspicious phone call, Compu Card International; Woman's boyfriend found deceased; Gunshots heard, Laguna Robles; Drunk driver arrested; Open door at Tea Room. **July 25:** Burglary, Laureles Rd., 2 VCRs taken; Possible prowler, Laureles Grade, person contacted claimed to have vehicle trouble, a loaded 22 revolver was found under front seat, weapon confiscated for evidence; Drunk in public, transported to jail. **July 26:** Missing person; Burglary, Laureles Grade, 2 TV sets and VCR taken. **July 27:** Human remains found at Church Creek Divide, still under investigation; Vandalism, Esqualine Rd., water pump near Carmel River damaged. **July 28:** Theft, Ford Rd., submersible pump taken from back of truck; Vandalism, CHS, building painted; Suspicious subject tried to pick up female teen, subject Mexican male adult, 20s, 5'8", slim, dark hair, full beard and mustache, drives red Datsun pickup with white camper shell; Tresspassers, Esquiline Rd.; Stabbing, Los Padres Pack Station, two women involved. **July 29:** Juveniles on motorcycles at Carmelo School. **July 31:** Open door at Monterey County Bank; Possible prowler, Flight Rd.; Minolta camera found on airport.

Fire/Ambulance Log

Carmel Valley Village

July 17: Medical Emergency (ME), 53 E. CV Rd., Non-transport (NT); Campfire, Girl Scout camp, non-founded; Lines down, Community Center; ME, Los Ositos, Transport to Chomp (TC). **July 18:** Snake, Chaparral, relocated; Fireworks, Porter's Pool, none found. **July 19:** Service call (SC) Poppy & Holman Rd; ME, 53 E. C.V. Rd., no merit. **July 23:** Snake call, El Caminito. **July 24:** ME, Las Encinas, TC. **July 25:** SC, Los Ositos & Esquiline; ME, Lupin Lane, TC. **July 26:** Auto accident, Porter's curve, no one found; ME, El Caminito, no merit; Snake, C.V. Rd & Douglas Ranch, relocated; ME, Esquiline, TC. **July 29:** Dryer fire, Paso Hondo. **July 30:** ME, Middle Cyn. Rd., TC.

Mid Carmel Valley

July 18: ME, C.V. Ranch Golf Course, TC. **July 19:** Service alarm, propane leak. **July 20:** Auto accident, C.V. Rd at Scarlett Rd., patient refused treatment. **July 21:** ME, C.V. Ranch gate house, TC. **July 22:** SC, snake, Rancho Alto Dr., relocated. **July 23:** Fire alarm, Brookdale Dr., false alarm. **July 26:** Mutual aid with C.V. Fire, vehicle injury accident. **July 27:** ME, C.V. Manor, TC. **July 29:** Smoke investigation, Los Prados, illegal burn. **July 30:** Service alarm, broken gas line, Cypress Lane.

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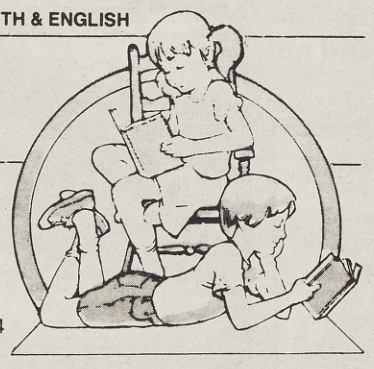

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WATER WATCH

by Henrietta Stern
Courtesy of the Monterey Peninsula
Water Management District

San Clemente Project: Let's Get Physical

With all the talk about the increased demand for water and issues surrounding the proposed San Clemente Dam, few people are well informed about the physical project. The purpose of this column is to "get physical" about the New San Clemente Project. Where is the proposed site? What would the new dam look like? How would it be constructed? What facilities are included? How large would the new reservoir be? How much would it cost? And why is it called "San Clemente Dam" anyway? Answers to these questions, based on our engineering consultant's report, "Preliminary Design and Cost Estimate," follow...

Do you know the way to San Clemente? Probably not, as the existing dam belongs to Cal-Am Water Company and is tucked away on private property, up the steep, narrow canyon near the Sleepy Hollow subdivision. It is located about 3.5 miles southeast of Carmel Valley Village, 18 river miles upstream from Carmel Bay. The new dam would be about 3,600' downstream from the existing dam, and would also not be visible to the general public. San Clemente Creek flows into the Carmel River near the existing dam, hence the name, "San Clemente Dam."

Dams come in various shapes, sizes and materials, based on several factors. These include canyon shape, soil and rock conditions, the availability of building materials nearby, seismic conditions, construction time and project purpose. Some, like the exisitng San Clemente Dam, consist of a thin concrete arch spanning the river. Others, like the Los Padres Dam, are basically a massive mound of earth holding the water back—an earthfill gravity dam. The New San Clemente Dam would be a new type of gravity dam, a roller compacted concrete (RCC) dam.

Picture a construction crew building a new section of freeway somewhere along Highway 1. Now relocate that scene to the proposed dam site. Instead of just one 12" layer of road, imaging stacking layer upon layer across the canyon, 300- high! Add lots of concrete grout for extra strength and leak prevention, crews working around-the-clock for 7-9 months, and you have a fair description of the RCC process. The finished product would be sailshaped in cross section, with a verticle upstream face and a steeply sloped downstream face. This design saves us money due to less material required and faster construction time.

A few statistics...The proposed dam would be 300' high, 20' thick and span 900' at the crest elevation of 689'. At the spillway elevation of 662', a 29,000 acre-foot reservoir encompassing about 350 surface acres would be created. The existing dam and reservoir would be inundated by the new project.

Because the new dam and reservoir can not store all the annual river flow, a spillway safely passes flood water overflow to the river below. Though a stilling basin helps dissipate the energy of the cascading water, kayaking nearby is not recommended! Since flowing water can be harnessed for energy, a powerhouse for hydroelectric generation is part of the project design. Actual installation of machinery and equipment is not planned until energy prices increase to a level where such an investment would be cost effective.

The main purpose of the dam is to store water for dry periods of the year, and a vertical series of seven intakes is planned to draw water from the reservoir at various levels. The temperature of discharged water can also be regulated by selective use of the intake valves.

Fish passage facilities to help up—and downstream—migrating steelhead trout over the dam are integral to the project. District staff, our engineering and fishery consultants, and the Department of Fish and Game are working closely to design appropriate facilities for the fish. Adults migrating upstream will be "trapped and trucked" to release sites upstream, thus sparing them the arduous task of scaling a 300' fish ladder. Smolts migrating downstream will be collected by a "fish horn" and safely transmitted to the downstream side of the dam via a series of screens and flexible pipe. No charge for the ride!

And what do you get for all these facilities? Water for existing and future needs, drought protection, and an enhanced river environment. What will all this cost? The latest estimate is $46.1 million in capital costs, including access roads. Annual operating and maintenance costs should run about $515,000. For more information readers are welcome to peruse Converse Consultant's report, available at the District office.

(Editor's Note: For more information or suggested topics, readers are invited to contact Henrietta Stern at 649-4866 or P.O. Box 85, Monterey, Ca 93940.)

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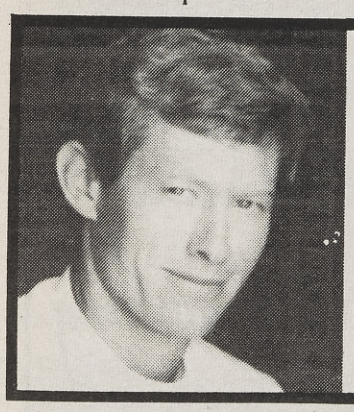

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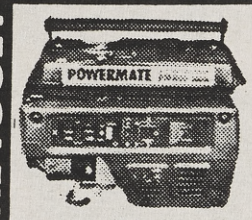
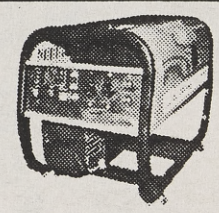
SPECIAL PURCHASE
AG-tronic Generator Sale



THIS IS A SPECIAL PURCHASE

We bought these generators by AG-tronic (made in U.S.A.) Geneators from one of Nevada's largest hardware retail chains. These are brand new units with full factory warranties so we can pass the savings on to you.



ONE TIME ONLY AT THESE PRICES

no. of units	wattage	model	list price	close-out price
1	5000 Watt	A150 Deluxe	$1499.00	$699.95
1	4000 Watt	544000	685.00	499.95
1	3500 Watt	AT-35 Deluxe	1259.00	499.95
7	3000 Watt	433003	890.00	399.95
2	2500 Watt	AT-25 Deluxe Demos	999.00	369.95
1	1200 Watt	PM1500 Deluxe	665.00	339.95
1	650 Watt	PM800 Deluxe	500.00	299.95

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GOING MY WAY

Travel Tips by Thom Gulliver
Courtesy of Carmel-Monterey Travel

Tahiti

Just the word "Tahiti" conjures up visions of paradise, peace, tranquility, and breath-taking scenery—all mixed with a subtle excitement, evoking a strong desire to go there. And this boyhood dream of mine has not diminished over the years; it has long been on my list of "before I die, I must:". I've always envied Ganguin, Maugham, Melville, and Michener their sojourns in French Polynesia—the islands that seem to have rewarded them with a creative genious. So, if your dreams are like mine, perhaps this is the year for you to answer the call of Bali Hai.

The French Polynesian Islands are divided into four groups; but the best known are the Society Islands, which consist of a Windward group: Tahiti, Moorea, Meheitia, Tetiaroa, and Maiao and a Leeward group: Huahine, Raiatea, Tahaa, Bora Bora, and Maupiti. They are in the center of the South Pacific almost due south of the Hawaiian Islands and about the same distance south of the equator as Hawaii is north. With the termperatures ranging from 75° to 79°, constantly blowing gentle breezes, and no rainy season, the climate is the same all year, so the time is right whenever you go. They are never crowded; all the hotel rooms in the Society Islands would fit into one hotel in Hawaii.

The islands are volcanic in origin, so there are mountains with jagged peaks, rain forests, cliffs and waterfalls. Gardenias and hibiscus grow wild. Each island is surrounded by a barrier reef of coral that lies just below the surface, but occasionally breaks out of the water forming a "motu" or atoll of white sand topped with coconut plams and tropical vegetation. The ring of coral forms the island's lagoon, a calm stretch of water that is home to myriads of fish and shellfish, and the friendly Polynesian natives who spend their lives on its bountiful shores.

There are three basic ways to enjoy this paradise. For those who are young in heart and body, I'd suggest Club Med Tahiti. There are two village resorts from which to choose; one on Moorea, the other on Bora Borra. Both offer the unique Club Med worry-free approach. You check your valuables and your watch and your money when you register. Your thatch-roofed Polynesian bungalow doesn't require a key. The one prepaid price includes everything you'll need throughout your stay. If you like to swim, snorkle, scuba dive, windsurf, sail, or go deep-sea fishing, all the equipment you need is provided, even for just sunning on the beach. And the food, like the ambiance, is exotic. All you have to do is forget your worries and relax. Seven days including air fare from west coast cities on UTA French Airlines costs only $1,199.

For those who are young in heart but older in body, more interested in sight-seeing than participating in sports, I'd suggest the American Hawaii cruise to Tahiti and her islands aboard the S.S. Liberte. The cruise starts and ends at Papeete, Tahiti and stops at Rangiroa, Huahine, Raiatea, Bora Bora, and Moorea. The ship's launches allow direct beach landings on several stops. And the shipboard activities include all the amenities of a great cruise ship plus a few extras; such as, a gambling casino, a second swimming pool, night club, children's playroom, and a fitness center. Seven day cruises vary from $1,995 to $2,495 depending on your accomodations. A special air/sea supplement costs $299 round trip from any west coast city. And if you book 6 months in advance, you receive a three-day stay at a first class hotel in Papeete before or after your cruise, absolutely free.

For those who are young at heart and in your prime, I'd suggest an Exploration Cruise. These Explorer Class ships are especially designed to go to places other cruise ships are too large to get to—secluded lagoons and beaches behind the reefs. They can make bow landings onto unspoiled white beaches and motus. And their cruises are leisurely paced to allow spur-of-the-moment side trips. You can also swim and scuba dive right from the ship. There are never more than 90 passengers; so your group can blend in on shore excursions, meet the friendly Tahitians, experience their culture, crafts, dances, feasts, and special attractions that can only be arranged for small numbers—like the traditional tamaaraa feast, one you'll never forget. Seven night round trip cruise from Papeete costs from $1,379 to $1,899 depending on accomodations (all staterooms are outside rooms). Stops are made at Moorea, Huahine, Bora Bora, Tahaa, and Raiatea—often with several stops at beaches or motus on each island. Round trip air fare from west coast cities to Papeete is $499 on UTA French Airlines jets. Combinations of the seven day cruise and stop overs at any of the several islands can also be arranged. For example a 14 day sojurn combines the cruise with 3 days on Moorea and 3 on Tahiti for $1,899. Projected prices for 1987 are about $1,000 higher for each itinerary. Therefore, it would seem prudent to answer that call to Bali Hai this year.

We are sorry to announce that this is the last edition of "Going My Way" in the *Sun*, but we will be writing a bi-monthly travel letter for Carmel-Monterey Travel Customers beginning next month. If you would like to be on our mailing list, send your name and address to Carmel-Monterey Travel, P.O. Drawer R, Carmel, CA 93921. Or stop in and register in person at one of our four offices, especially our new Valley office at 26350 Carmel Rancho Lane in the Carmel Rancho Shopping Center.

Bon Voyage!

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Nancy Rohan: 659-4778
Serving in your home or location of your choice
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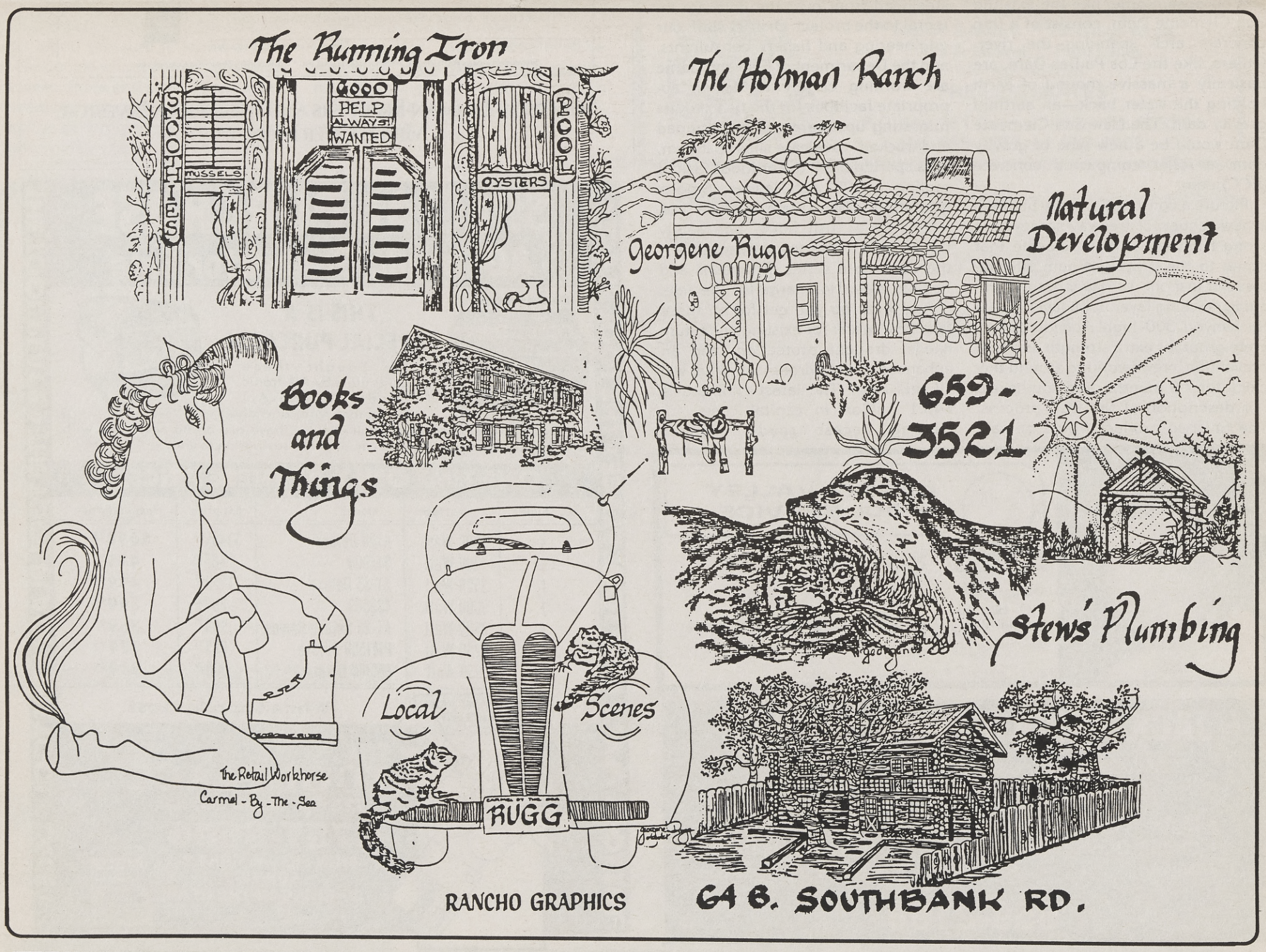

THE CHAMBER CONNECTION

by Grace Darcy

A new Carmel Valley brochure is in the planning stages at the Carmel Valley Chamber of Commerce, and if you are a shutterbug, it's your chance to have fun AND make some money. Send us a picture of Carmel Valley...something special and unique or maybe even something ordinary and overlooked. The Photography contest is open to Carmel Valley residents only, and a $100 savings bond will be awarded to the winner. There is a chance that the winning photograph also may be included in the new brochure, but that will depend upon the Brochure Committee's requirements. Here are the simple rules: 1) Picture must be of Carmel Valley (Highway 1 through Jamesburg) and must be the work of a Carmel Valley resident of any age. 2) Submit photograph to the Chamber in one of the following forms: (a) 8 x 10" color print or (b) color transparancy (35 mm). 3) Identify each entry in detail. If entering a color print, put identification and location on the back of the photograph with a felt tip pen. If entering a transparency, identify the location of the picture by attaching a card to the film frame. 4) Attach your name, address, and telephone number to your submission. 5) Enter as often as you wish; however, each entry must be submitted separately with its own SASE. ALL ENTRIES MUST BE RECEIVED BY THE CHAMBER OFFICE NO LATER THAN OCTOBER 1, 1986.

Jane and Fred Ellerbe of Ellerbe Therapy Associates and Lois Epel are holding a morning workshop on Saturday, September 13, 10 a.m. to 12 Noon at their office at 3785 Via Nona Marie, Carmel. The workshop, entitled, "Removing Roadblocks to Good Relationships," will focus not only on some of the roadblocks to successful relationships, but also on ways of removing them. "The real value of such an experience," Fred Ellerbe said, "comes in learning more about one's self and in gaining new skills in interacting with another."

The fee for this important workshop is $10, and pre-registration by August 31 is required. More information is available at 624-0184 or 624-7364.

Your Chamber still needs some willing members/friends to work at the Chamber's booth at the Monterey County Fair, August 12-17. If you can give some time, please call Anne Olivier at the Chamber office, 659-4000.

Sidney Sue Slade of Green and Slade, CPAs, has been named Secretary to the Board of Directors of the Carmel Valley Chamber. She replaces Kim Hartford, O.D. who resigned from the position recently.

Chamber President Sal J. Nicita has appointed Dr. Lee Goldman to the Board of Directors for the unexpired term of Elizabeth A. Field, who resigned from the Board. Welcome Dr. Goldman.

Everyone who was smart enough to attend the terrific Mixer at County Bank and Trust had a wonderful time. The refreshments were delicious, and the music by Peter Muth was excellent. It was a terrific Mixer and many, many thanks go to Board Member Alice May who arranged it all and to County Bank and Trust for hosting the event.

There will be another Mixer on August 21 at Rancho Canada. Host Nick Lombardo promises a very special evening with food and drink galore. There will be a nominal charge, however, so if you are planning to go to Rancho Canada on August 21, (and why would you even think of staying away?) bring your checkbook with you.

Until next time...

Peace Scroll Collecting Signatures

Carmel Valley residents will have an opportunity to sign a giant Peace Scroll on August 7 from 1 to 5 p.m. at the Thunderbird Book Store in the Carmel Barnyard Shopping Center, Rio Rd. and Highway 1.

The Scroll, which measures 3 feet by 30 feet, is entitled "Peace...The Promise...The Right Time...The Right Choice." It is a commemoration of the International Year of Peace as well as a symbol of support for the United Nations from the people of California, the State of its birth.

The Peace Scroll is currently touring California acquiring signatures. The public signing will be the only appearance of the Scroll on the Monterey Peninsula.

The Scroll with its signatures will be presented at the Baha'i International Peace Conference in San Francisco August 28-31. From there it will be flown to New York City for presentation to the Secretary General of the United Nations.

Baha'is believe that California has played a significant role in upraising the flag of peace inasmuch as the birth of the United Nations occurred in this state forty-one years ago in San Francisco.

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Now you can enjoy **Chinese Chicken Salad, Stuffed Cabbage, Eggplant Parmigiana** and **all of your other favorites** from our regular menu.
LUNCH: Mon-Fri 11:30-2:00 DINNER: Mon.-Fri. 5:30-8:00
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Village Business Service
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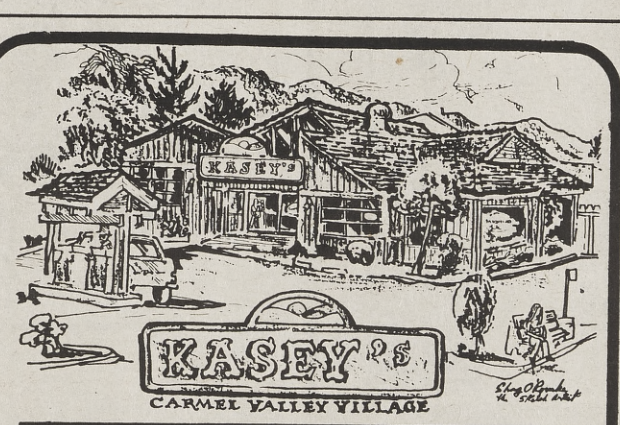
I go to bed and shut my eyes,
Can't stop thinking about those pies.
Apple, berry, coconut cream,
Too good to be real, must be a dream.
At morning's light, I'm on my feet,
Making tracks to the
SWEET RETREAT
Pilot Road at Del Fino, Carmel Valley 659-0600
"Fresh coffee & donuts every morning"



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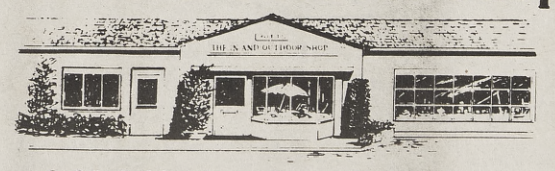
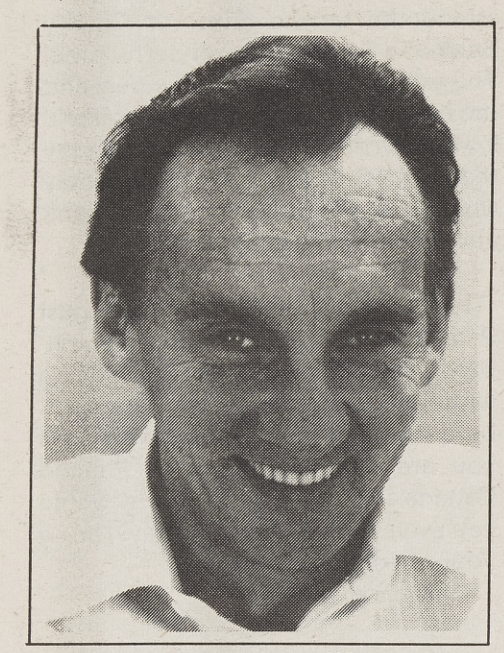
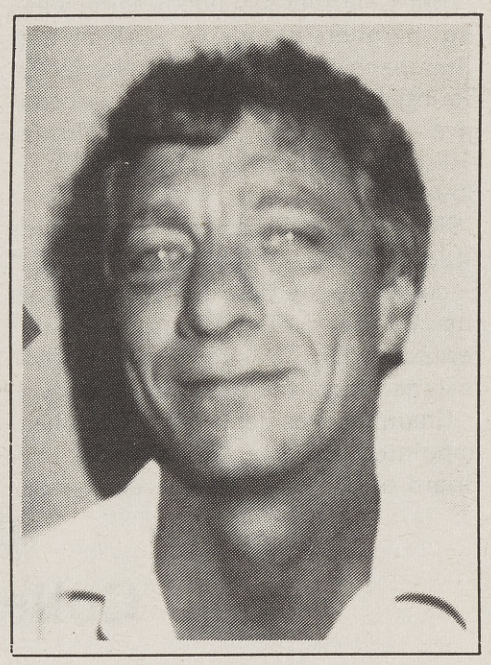

9:30-5:30 Mon.-Sat., Closed Sun.
White Oak Plaza, Carmel Valley Village
659-2832
U.P.S. service is available

VALLEY VOICES

What makes you a repeat customer?

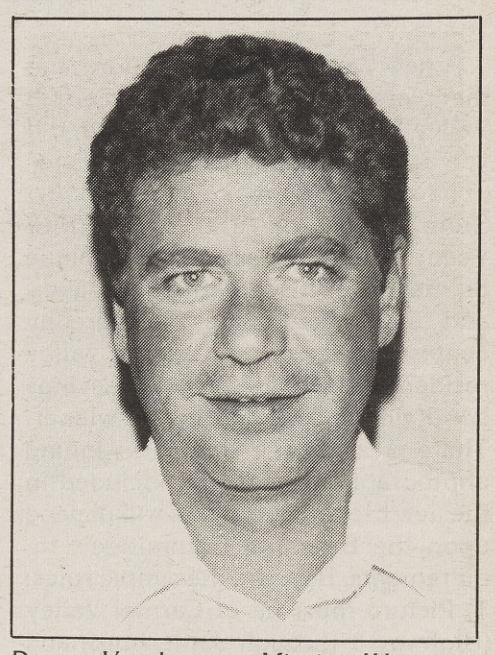


Larry Kroeker—Mission Wine
"Convenience, respect and service."



Ron Vanderpan—Mission Wine
"Service. Service. Service."

Molly Russell—Mission Wine
"Definitely convenience. Personalized service."



Danny Vanderpan—Mission Wine
"A good product, service and prices."

TRADING POST

SERVICES

Judy Rowley's Home Animal Care visiting pet care while you're away. 659-4609.

Furniture refinishing & restoration, antiques & modern, hand-stripping, FREE pick-up & delivery, estimates. 3 Del Fino Pl. C.V. Village 659-3019.

Garden cleanup 659-3083

Concerned about your drinking water? Try our counter top water filter for three days FREE. You won't want to give it back. Call Jeff Frye at 659-4593.

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DRINK PURE WATER free of harmful chlorine, Giardia, asbestos & other impurities in our local water. World's finest on the spot water purification unit. Rated #1 by Consumer's Digest. Easier, less expensive than bottled water. Call Pure Water 659-2103.

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Recreation aide $4.75/hr. Supervise & participate w/school age children. Morn & aft. hrs available. 659-4571.

COMMERCIAL RENTAL

MID VALLEY SHOPPING CENTER, Carmel Valley. 1,000 to 5,000 sq. ft. retail-commercial space. High visibility—ample parking—easy access to Carmel Valley road. Phone Nancy or Clare—659-2267, PORTER-MARQUARD REALTY.

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Wanted, experienced adult English riders to help exercise horses on private ranch. Beautiful facilities. MV 624-1439. Please leave message.

WORKSHOPS

Interested in knowing what your dreams mean? "Introduction to Dream Work" workshop with Kathleen Sullivan. Aug. 14, 7-10 p.m. $10/person 659-2800.

Clutter and trash flow workshop August 21, Thursday, Sunset Center, Babcock Rm. 8, Carmel. For info Joan 624-6291.

FOR SALE

Tatsung De Luxe floor fan, powerful $50. Antique kerosene lamp, electrified $32.50. Big Swedish crystal pitcher $20. 659-5015.

Standard Royal office machine, manual, elite. Perfect cond. $50 659-5015.

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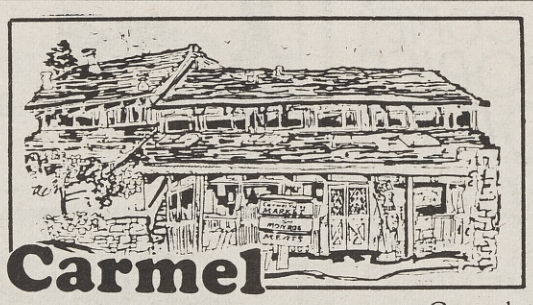
Talbott Building, S4, in the Village



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